

MENSES

menses: n. The monthly flow of blood and cellular debris from the uterus that begins at puberty and ceases at menopause.

by,

Mrs. Armageddon

What possessed me to write a zine on menstruation? Because menstruation is a part of every woman's life and tends to dictate how we live our lives when we are held down by traditional disposable menstrual products. We have to bring extra pads and tampons with us everywhere we go. If we start bleeding five days early and haven't packed our purses full of tampons yet, we have to stuff our underwear full of scratchy toilet paper and, until we get home, we are in fear that a wad of bloody toilet paper will fall out of our pant leg. Five minute breaks between classes aren't long enough to change a tampon and get our books from our locker. We stain panties and sheets when shitty products leak or move. We shell out our hard-earned money each month to big corporations. We litter our Mother Earth with trash. **And it is all unnecessary.**

I am 23 years old and have been menstruating since I was 12. I used disposable pads for my first few periods,

Read: Cunt: A Declaration of Independence, by Inga Muscio, Seal Press, 2002.

Herstory: The Museum of Menstruation, <http://www.mum.org>

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